

My Child

at 3 years



It's playtime!

Playgroups are encouraged and a great way for your child to start developing socially for school. Consider joining or forming a playgroup of like-aged children for your little one to learn and grow with!

Playgroups are not only good for child, but are good for you, too! This is a great way to meet and get to know others that you can relate to and understand what you are going through!



Show me love by...

- Giving me a safe area to play both inside and out.
- Giving me boxes, old clothes, sand and toys to play with.
- Letting me read simple picture books with you.
- Teaching me my first and last name.
- Laughing with me.
- Allowing me to color in coloring books and on blank paper.
- Helping me with scissors.
- Giving me daily choices of what clothes I can wear.
- Answering my questions honestly and at my level of understanding.
- Setting rules and limits for me.
- Praising me when I follow the rules.
- Playing matching games with me.

Keep me safe...and please...

- Supervise all play.
- Teach me the difference between good touch and bad touch.
- Teach me that I can say "NO" and tell you when a bad touch occurs.
- Post the Poison Control phone # by the phone.

Happy Birthday!

- ♥ Your child is eager to explore.
- ♥ Your child likes to go to the store or playground, and to participate in family activities.
- ♥ Your child's speech is understandable.
- ♥ Your child loves encouragement and praise.

Watch me grow! I can...

- Grow 2 to 2 1/2 inches per year.
- Gain about 5 pounds per year.

What I need...

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 3 vegetable servings a day. One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice).
- 4 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 8 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To eat when I'm hungry.
- To retry foods again and again and again...

Don't forget...I can

- Copy adults and friends.
- Show affection for friends without prompting.
- Take turns in games.
- Understand the idea of "mine", "his" or "hers".
- Name most familiar things.
- Follow instructions with 2 or 3 steps.

You can take care of my oral health by...

- Taking me for a dental check-up.
- Helping me with brushing teeth.
- Calling to schedule my dental cleaning.

Exploring my world . . . I can

- Pedal a tricycle.
- Enjoy imaginary play.
- Say my name, age and sex.
- Draw circles.
- Enjoy playing in sand and water.
- Put on some clothing and shoes.
- Enjoy books and reading.
- Ask about where babies come from.
- Do puzzles with 3-4 pieces.
- Screw and unscrew jar lids or turn door handles.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Put on my shirt or shoes
- ✓ Draw a circle
- ✓ Say my name, age and sex
- ✓ Name one color
- ✓ Balance on one foot
- ✓ Jump forward



The Path to Reading...

3 years

Your pre-schooler is constantly learning. This is the time to send the message that reading and learning are fun!

You can:

- ★ **Say** silly rhymes like “silly, nilly, willy, Jilly.” This helps your child hear how sounds are similar and different so they can learn to read them.
- ★ **Let** your child continue to explore making marks on paper. This will help them learn that what we say can be written down and that they can write, too.
- ★ **Play** house or let your child run a pretend store. This give them opportunities to use reading, writing, and words in a different way.

Book Corner: Three year-olds like to say things over and over! Simple rhyming books or short nursery rhymes are fun for them to memorize. Start sharing books about counting, the alphabet, shapes or sizes.

Check out these websites for FREE info!



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



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This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.